

## ***Message from the Director***

Dear Friends,

Not able to get away to a warmer climate and looking for things to do to help you get through the long winter months? Then, I suggest that you stop by the Center and see what we have planned. Celebrate Valentine's Day by reserving a spot at our special Valentine's day luncheon followed by our competitive euchre tournament. You won't want to miss our special edition of Valentine Family Feud on Friday, February 13<sup>th</sup> – reserve your spot by the 9<sup>th</sup>. This year we will be combining our first ever Chili Cook-off with Feud night. Could be a spicy night in many ways! Join us for Movie Night on Thursday, February 26<sup>th</sup> for dinner and a showing of *The Equalizer*. Need support for new year's resolutions concerning fitness? Then consider signing up for ***Fit & Lean in 2015***.

We may be facing the doldrums of winter, but there will be plenty to do at the Center and we hope to see you there.

If you haven't renewed your membership for 2015, please remember to do so.

See you at the Center,

Debb

Friday, February 13<sup>th</sup>

5:30 PM

***Chili Cook– Off***

***&***

***Family Feud Fun Night:***

***A special Valentine's event.***

**Do you make a delicious chili? Think you have an award winning recipe?**

Then you need to enter our Chili Cook-Off. To enter see Debb or staff. We would like to have at least 5 entries to a maximum of 10. Each entry should be enough for all to taste. There will be prizes for three top winners.

After the chili contest we will have chili for dinner with all the toppings and salad. Following dinner we will continue the fun our own special version of "Family Feud". This should be an enjoyable evening so plan on attending. Fee for the evening is \$5.00 per person.

To sign up call or stop by the Center.

***Seniors Bike Group News***

***Bike Group Meeting***

Wednesday, February 4<sup>th</sup>

9 am

The Bike group will be meeting at the Center for coffee and donuts to discuss the upcoming season or maybe to plan ice biking at Canalside. Along with discussing plans for warmer weather, the group will discuss ideas for informational speakers during off-season.

**Did you know that recent research shows that regular cyclists have, on average, the health of someone ten years younger? Seriously– get that bike out and ready to go!**

Cycling is an option at all age levels, and anyone who cycles regularly into older age adds years to their life expectancy. Regular exercise can reduce stress and depression and cycling is a particularly low impact activity (second only to swimming) which keeps you fit and alert. More good reasons for cycling in older age: cycling involves smooth, regular movement: it doesn't put big stresses and strains on your body. Cycling four miles daily reduces the risk of coronary heart disease by 50 per cent.

***Cycling may not be the Secret of Eternal Youth but it comes pretty close. It has been calculated that every minute that you spend on a bike can be added to your lifespan – with odds like that you'd be mad not to ride a bike!***

## ***Seneca Allegany Casino Overnight***

**(includes visit to Presque Isle Casino, PA)**

Sunday, March 22-Monday, March 23

Enjoy a fun filled overnight motor coach tour to New York's premier gaming attraction.....Seneca Allegany Casino & Hotel. Featuring over 3,000 Slot Machines and 40 table games-set within the beautiful landscape of Salamanca, NY. Enjoy gaming and the dining options including a world-class buffet and other great casino eateries with your food voucher. There is a complimentary shuttle to the Bingo Hall or relax and enjoy the pool, spa, or fitness area. It's all waiting for you at this four diamond resort hotel.

For \$110 per person double Or \$170 single

### **Your Package includes:**

- **Luxury round trip motor coach transportation**
- **Visit Erie PA's Presque Isle Casino— Receive \$20 Free Play Slots & \$5 Food**
- **Overnight accommodations at Seneca Hotel**
  - **Occupancy fee**
  - **Baggage handling**
  - **\$50 Free play-slots**
  - **\$20 Food voucher**

### **Day one**

Depart 8 am from Akron Newstead Senior Center with 10 am arrival at Presque Isle. Depart Presque Isle at 3 pm. 4:00 pm arrival at Seneca Allegany, check in—luggage will be delivered directly to room.

Enjoy casino at your leisure.

### **Day two**

Check out time is 11:00 am.

Depart Casino at 2:00 pm.

Estimated arrival home of 4:00 pm.

***Payment due with reservation. First paid, first reserved.***

## ***Trips & Travels 2015***

**Wednesday, May 27th**

### **Riverside Dinner Theatre**

Cambridge Springs, PA

Lunch and a show, "Marriage is Murder"

\$54- \$74(non resident)

**Thursday, July 9th**

### **Skaneateles Lake Cruise**

Tour beautiful Skaneateles Lake and then enjoy lunch at The Sherwood Inn.

\$50 -\$70(non resident)

**Tuesday, August 4th**

### **Grand River Lunch Cruise and Blazing Fiddles Show**

Caledonia, Canada

\$59- \$79 (non resident)

**Friday, September 25th**

### **Adirondack Fall Foliage Train Ride**

Utica to Old Forge, NY.

Lunch at North Woods Inn overlooking Fourth Lake.

\$70—\$90 (non resident)

As of print time, these are some of the exciting trips developed by the Travel Committee. Sign up dates and more details will be available as trips are finalized. *Please be aware that until trips are finalized changes may be made in venues and prices.*

As in the past the center will utilize a first pay, first go, method for registration. Phone reservations DO NOT guarantee a spot on a trip. Participants who call in and request to be signed up on a trip **but are unpaid** will be placed on wait list till payment is received. When participant's money has been received, then and only then is a person considered a registered participant of the trip and their spot guaranteed.



## ***Shuffleboard News***

Shuffleboard will officially begin on Monday, February 23rd at 12:30 pm for 10 week session.

If interested please sign up at Center.

For those who have never played shuffleboard and would like to give it a try before making a long term commitment, plan on attending "Shuffleboard Spring Training" on Monday, February 9th at 12:30 pm.

***Come Shuffle for Fun and Recreation!***



## ***Craft Day at the Center***

### **Begins in March**

Something new is coming to the Center-Craft Day. Beginning on Wednesday, March 11th at 12:45 there will be time set aside for crafting and socializing. During this time we will offer a variety of crafting options including: scrapbooking lead by Wendy Heberling; a special seasonal project; or just bring your own thing and work on it and enjoy the comradery. Our project for March will be a colorful wreath that will remind all that spring is on its way.

Check at the Center for more information. Should you have an idea for a project or have an interest in teaching a craft , please stop by to chat.

***It's time to get crafty!***

## ***Domino Tournament Outcome***

### **Congratulations to Our Winners!**

Participants in our Mexican Train Domino Tournament valiantly fought using all of their domino strategies to win the title of "Champion." After two grueling days of competition, Dennis McCarthy emerged as our top player, Wendy Heberling claimed second place and Sheila Ernst secured third place. An enjoyable time was had by all. And a special shout out to our ***biggest losers***—Mike Soika and Faye Szulist.

Look for announcements of future tournaments and join the fun!

**All 2014 ANSC memberships expired on December 31st.**

**Did you renew?**

Memberships may be renewed in the Center office or by  
mailing the attached form and payment to:

**Akron/Newstead Senior Center,  
5691 Cummings Rd.  
Akron, NY 14001.**

2015 dues will remain at the rate of \$10.00 per person. Not only does your membership entitle you to participate in the numerous programs, activities, and events at the Center, it covers the cost of printing and mailing the newsletter to your home each month.

***Not sure if you are current call 542-6645 to be sure.***

**Membership Application 2015**

**Akron/Newstead Senior Citizens Inc.  
5691 Cummings Road Akron, New York 14001  
542-6645**

Mr. \_\_\_\_\_ Birthday \_\_\_\_\_

Mrs./Ms. \_\_\_\_\_ Birthday \_\_\_\_\_

Street \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Would you prefer to have the newsletter \_\_\_\_\_mailed\_\_\_\_\_emailed?**

**Do you reside in the Town of Newstead and or pay Newstead property taxes? Yes \_\_\_\_ No \_\_\_\_**

**Please note all nonresidents or non tax paying members of the Town of Newstead must cover their own travel expenses.**

**To mail your donation (\$10.00 per person), please complete this form and mail your donation to: Akron/Newstead Sr. Ctr., 5691 Cummings Rd., Akron, New York 14001.**